

WEDNESDAY, OCTOBER 19, 2011

# THE METER

*Serving the Tennessee State University community since 1950*

NASHVILLE, TENN.

WWW.TSUMETER.COM

VOLUME 62, ISSUE 2



THE  
HEALTH  
ISSUE

## No Glove, No Love... Or Not?

*More college students are hitting the sheets without the right protection. Pg. 3*



# 106 TSU students witness MLK monument

BY DARION BANISTER

Staff Reporter

On October 16, Dr. Martin Luther King's monument on Washington Mall in Washington, D.C. was officially dedicated--and a group of TSU students were able to bear witness.

Student Activities arranged for two charter buses, filled with 106 students, to travel to the nation's capitol and view the dedication ceremony.

"I had an amazing first time in Washington," said Lance Woods, a senior supply chain management major from Detroit. "Being an Alpha man I learned more about his true love for Alpha Phi Alpha Fraternity, Incorporated."

On Friday morning, students met Congresswoman Eleanor Holmes-Norton (D-DC), sister of interim TSU president, Dr. Portia Holmes-Shields. Congresswoman Holmes-Norton talked to the students about growing up with Dr. Shields and the struggles they faced as women.

That evening, the D.C. chapter of the Tennessee State University Alumni Association sponsored a banquet for the

students on the trip.

"I'm very, very proud to be an African-American woman of today," said Erika Nita, a graduate student in psychology and sociology from Memphis. "I wouldn't trade the experience for anything in the world."

On Saturday morning, students took a tour of the United States Capital building, where they were taken through the oldest part of the building to see the original entrance of the building. They also saw the original courtroom of the U.S. Supreme Court.

Many students found the most notable figure in the capital was the bust of Rev. Dr. Martin Luther King Jr., located in the rotunda of the capital building.

"According to our tour guide, having a statue placed in the capital's rotunda is typically for former U.S. presidents," said Jasmin Garmon, a junior political science and Spanish double-major from Gary, Ind. "It's considered to be the highest honor for Dr. King to be among them."

The highlight of the trip happened Sunday, on the day of the dedication ceremony. There,

students joined thousands of other people near the Washington monument to walk to the site of the ceremony.

The morning was filled with heartfelt speeches of remembrance, and hopes of fulfilling of the Dr. King's famous dream. Cicely Tyson, Tommy Hilfiger, Diahann Carroll, Bernice King, Christine King Farris, and the Rev. Al Sharpton all spoke on Dr. King's legacy.

There were also many artistic performances, from poet Nikki Giovanni to musicians Shirley Murdock, Jennifer Holiday, Stevie Wonder. Aretha Franklin, the Queen of Soul, moved the audience to tears with her reflection on the days of the Civil Rights Movement. She ended with a performance of Precious Lord.

"I cried when Aretha Franklin sang Precious Lord," Niter recounted. "I felt I could relate to the greats of that day. I could feel the spirit of the Civil Rights movement in the air."

The peak of the tribute was a brief, fiery address from President Barack Obama, who spoke on Dr. King's legacy and the spirit of America.

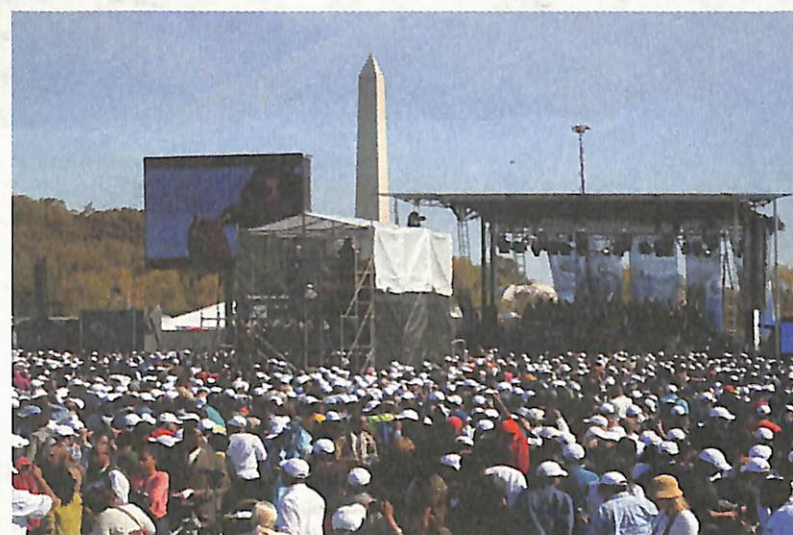


PHOTO COURTESY OF JOSEPH PATRICK

TSU students listen to a choir sings during the dedication of the monument of Dr. Martin Luther King.

"An earthquake and a hurricane may have delayed this day, but this is a day that will not be denied," President Obama began. "For this day we celebrate Dr. Martin Luther King, Jr.'s return to the National Mall. His life, his story, tells us that change can come if you do not give up."

The dedication ended with a small concert featuring Stevie Wonder, Sheryl Crow, Ledisi, and others. For many students, though,

the best parts of the event were intangible.

"I could feel the spirit of the Civil Rights movement in the air," Niter shared. "I wouldn't trade the experience for anything in the world."

## Radio personality promotes movie on campus

BY AJAIA SPICER

Assistant News Editor

On-air radio personality and bestselling author, Michael Baisden made a stop to campus to screen a movie based on his books, *Do Women Know What They Want?* and *Do Men Know What They Want?*

Soft jazz and soul music played in the Poag Auditorium as members from the local NAACP chapter registered people to vote prior to the start of the movie screening.

Students and the local community filled their seats as a warm welcome was given to Baisden by SGA President Maximillian Cole, the staff of 92Q, representatives

from Tennessee Board of Regents (TBR), and government officials.

"The focus of this event is to give Nashville residents a sneak peek of the film and also voice their opinions on the issues the film raises," said Nicole Simone, Promotion Coordinator for 92Q. "Nashville is the first stop of his movie tour."

The movie, which premieres in theatres on Oct. 25, reveals many of the challenges men and women face before, during and after relationships, as well as the many reasons why some people remain single.

Baisden discussed Occupy Wall Street and showed portions of a news special that aired on MSNBC, he encouraged the people

to stand up for their rights.

After Baisden played the tape of the protest and encouraged others to stand for their rights, a group of TSU students stood up and presented a resolution in hopes of getting more publicity for the issues they have with campus administrators.

The resolution discussed the administrative changes and programs that have been cut. The students explained that they'd expressed their concerns to Tennessee Board of Regents. Baisden took a copy of the resolution and announced he would read it before responding.

"Be proactive in the change that you want to see, educate yourselves

on the things that are happening around you. We need to stand for something, if the media doesn't tell you, what would you do," Baisden said about the importance of social and community activism.

Delvin Woodard, a senior, elementary education major from Memphis, lamented that he'd wished more students would have known about the screening.

"(Baisden's) appearance should have been more widely broadcasted because a lot of students were unaware of his arrival," Woodard said "His appearance could have made a larger impact to the campus but because we did not know, his message could not reach to those who it needed to reach."



MICHAELBAIDEN.COM

Media personality Michael Baisden hosted a film screening on campus.



## »SPECIAL REPORT: AN UNPROTECTED CAMPUS



# Views on condom use vary



PHOTO COURTESY OF GOOGLE

While a national study claims that African Americans more regularly use condoms, statistics tell a different story. Cities with the highest cases of sexually-transmitted diseases house many of America's 105 HBCUs.

## *Some risk sex without condoms, others don't*

BY KRISTOPHER CECIL  
Staff Reporter

For Josh Coleman, the idea of using condoms can be very expensive as a college student.

Coleman, a sophomore history major from Memphis explained that condom costs are too high, so "if we've known each other long enough, I may say (forget using a condom)."

Coleman's perspective runs counter to a 2010 study

conducted by the American Psychological Association that concluded that African Americans view condom use more positively than other ethnic groups.

The study added that African Americans are more likely to use condoms than their white peers.

Coleman said how he always has intentions for condom use but, "whenever the condom breaks is the day we stop using condoms," but if his partner hasn't met his

mother then "I can't go inside (of her) raw."

Nationwide, one in every four college students will contract an STD during school, according to the Centers for Disease and Control Prevention (CDC).

The CDC reported that only 54 percent of students regularly use condoms during vaginal intercourse, one of many reasons the STD rates are so high.

A female student from Nashville who requested to

remain anonymous contracted chlamydia from her partner, another TSU student, last December.

"I was shocked because I loved him," she said.

### Statistics don't lie

CDC statistics report that of Americans between the ages of 20 and 24, 6,314 people are affected by the HIV virus while another 7,436 have been diagnosed with AIDS.

Overall, the CDC estimates that 19 million new sexually

transmitted infections occur each year, and almost half amongst students between the age of 15 and 24 years old.

Though exact numbers for TSU have not been released, the state of Tennessee ranks on the top 10 of states with the highest rates of syphilis, gonorrhea and chlamydia.

Eighty percent of people who contract these STD's never experience noticeable symptoms and therefore rarely get tested according to CDC.

SEE RESOURCES ON PAGE 8



# Embracing death as motivation



**From Where I Sit**  
LaToya Pickett  
Editor in Chief

Death is the final stage of the life cycle, and from it, no one escapes. From the moment we are born, we begin to die. But what happens between the two stages is completely on us.

In a span of 24 hours, I have seen how death can influence greatness. Steve Jobs, Former CEO and co-founder of Apple died October 5th from pancreatic cancer.

Ironically, on the same day, I

found myself reading through the journals of artist Keith Haring, who died from AIDS-related complications in February 1990. I came across one of Haring's entries, dated in 1985, in which he explored the possibility of dying from the disease—five years in advance.

While looking at the news coverage of Jobs' death and reading more about Haring, I could only think about death and the possibility of dying young. At the tender age of 20, I constantly find myself wondering what my legacy will be. I only hope my life to be a stepping-stone for someone else's

greatness. I want to lay the foundation for the next generation to

"At the tender age of 20, I constantly find myself wondering what my legacy will be."

achieve, just like Jobs and Haring did.

As Editor-In-Chief of *The Meter*, I truly believe it is prepar-

ing me for the legacy I have been craving. I have never fought for anything as I have for this publication. Everyday has been a battle and a test of my dedication and passion.

Both Jobs and Haring knew they were going to die. These men knew and understood that death could come at any moment. Steve Jobs said in a letter to his employees: "Instead of running away from it, they embraced it, using it almost as a timer by which they would come to measure their success."

Steve Jobs changed how we communicate, as he sought to change how we viewed materi-

alism and minimalism. Keith Haring gave us beautifully painted reasons to reflect upon the world we live in.

I am not afraid of death, I am afraid of living a life without impact. So this is my dedication to work harder, inspire more, and live in the moment. Life is only worthwhile when you leave something meaningful behind.

# Exchange student joins *Meter* staff

**Another Point of View**  
Coral Thede

My name is Coral and I am a senior transfer student from the University of Northern Iowa. I am a participant in the National Student Exchange program. It is a program that gives students the opportunity to attend another school in the country while paying your home school's tuition and receiving your home school's credit.

Of the 200 schools available in the United States, Guam, and Puerto Rico, I chose Tennessee State University for one reason: it was located in the heart of country music.

Growing up I remember my grandma always playing country music and the only thing my cousins and I wanted to hear was N'SYNC. That all changed at a concert in the early fall of 2007.

The performer was Keith Urban and while I had a blast at the show, I did not know that that night was going to change the rest of my life. I am not sure if it was his passionate connection to the audience, thanking them for their support during his rehabilitation period or if it was the amazing musical scores he performed, but it all captivated me.

After that show I became obsessed with country music, started playing guitar, and got more serious about my own song-writing. I immersed myself in all things country. Now don't get me wrong I am a fan of all sorts of music and some of my other favorites include everything from John Mayer to Dean Martin, but country is what I am most passionate about.

One thing led to another and I got a radio show on my campus station, an internship at the local country radio station in Des Moines, and then worked part-time there the following summer. Next thing you know I'm made the 11 hour drive to Nashville, TN.

The town I am originally from has a population of about 2,500 and does not have a single stoplight. In middle school I got a change of scenery when my family and I moved to Iowa's capital, Des Moines. Now I have made it the capital of country music. This beautiful, busy, friendly city is just what I imagined it would be and more.

The history and musical significance of Nashville is so extraordinary to me. If you have not had the chance to experience

this special place, I encourage you to do so. I will continue to share with you my favorite places and would love to hear from you all what you enjoy about it as well.

I have wanted to make it to Nashville for about four years and now that I am here I am just getting started. I have never been so far away from my friends and family, or in a big city such as this. It is an adjustment for me, and while it has been a bit of a culture shock, I am excited and ready for more. There are times in life when you can either take a chance or take the same route you have always taken.

I encourage all of you to find what your passion is and to do what makes you happy. I wanted to give you, the readers and my fellow peers, an understanding

of where I come from and who I am. While these things are all very important to me there is more that meets the eye than a small-town girl from Iowa who likes country music.

\*If you would like to know more about the National Student Exchange program contact your TSU Coordinator Barbara Kannard or visit the website at [www.nse.org](http://www.nse.org).





# Editor survives cancer, heart failure



**Survivor Story**  
Jessica Moseley  
Copy Desk Chief

When I was 16, I was told, "Jessica, if you make it past 18, it will be a miracle."

At the time I thought nothing of it, just another Negative Nancy trying to control my life; but, who knew that would ring true in my ears?

A long list of health problems runs rapid on both sides of my family tree. Although my half siblings, mother and father seem to be okay, I may have been handed the bad end of the branch.

I thought that I was just a normal teenager, ready to graduate high school and move on with my life; man, was I wrong.

Two weeks after high school graduation, June 6, 2006 in Columbus, Ohio, I was living on my own and working two jobs.

I noticed myself starting to

feel fatigued and I ignored it, thinking it was because I was working and trying to maintain a social life.

More symptoms appeared — I was always short of breath, I was tired, I had constant migraines — it all began to take its toll on me.

After about five days of no sleep and feeling this way, a friend drove me to the emergency room.

Because of my chest pains, the nurses admitted me immediately, where I discovered how near death I was.

My blood pressure read 220/180 and the EKG said I had suffered congestive heart failure. Instantly, I was hooked up to a nitrate drip coursing through my veins.

I could not control my tears as the nurse giving me my medication said, "Had you fallen asleep tonight, you would not have woken up."

After many tests, the doctors concluded that my kidneys were

no longer operating and my lungs and heart were backed up with fluid.

After surgery to make a fistula (a treatment access point), I started dialysis.

Dialysis is a process where the blood is taken out of the body, cleaned through a machine and then cycled back into the body.

Dialysis was and is now still extremely painful; it is a tiring and time-consuming process I have to do for the rest of my life or until I can receive a kidney transplant.

But, this was only the beginning of my problems. June 2006 sparked the start of a host of other problems.

I suffered from polycystic ovarian syndrome. Many females suffer from this condition, in which the ovaries have cysts, which come and go, but, for the most part, have no noticeable side effects.

On a routine visit to my "lady doctor," my right ovary

was enlarged. My doctor was nervous, so after many tests and ultrasounds, he ordered it to be removed.

During surgery, another lump was found on my left ovary, so it was removed and sent away to be tested.

In the meantime, after surgery I moved back to Nashville, to be with my dad and receive better care at Vanderbilt University Hospital.

I waited and waited for test results to come into Nashville through my new doctor and the anticipation was killing me.

Finally I received that phone call, the one I dreaded. My doctor told me it was cancer and I almost dropped the phone.

My first thought was I was that I was going to die. I cried and prayed for countless days and nights.

Another surgery was ordered, this time a total hysterectomy. The biggest thing that crossed my mind was not being able to have

kids, which was one of the things I wanted the most.

To be able to birth a child who looks like me and talks like me no longer exists.

I have been in remission from cancer for more than six years now; however I am still doing dialysis.

My doctors are working on getting me to the kidney donor list, which is still a waiting process.

This has been a tough road for me, I am in constant pain and being depressed is like a second nature.

I have to constantly watch what I do, where I go, what I eat and make sure that I take all my pills. Twelve pills a day gets to be a bit much from time to time.

I encourage all readers to take the time to discover what kinds of things run in your families. Illness and diseases discriminate against no one.

Never ignore a warning sign or symptom because you never know what it can lead to.

## THE METER

The Measure of Student Opinion and Sentiment

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## MISSION STATEMENT

The Meter's mission is to accurately and responsibly report the "high lights and lowlights" of Tennessee State University and its community so that we may foster positive results while reflecting the university's multicultural student body.

## SUBMISSION REQUIREMENTS

The Meter invites submission by all members of the Tennessee State University community. Timelines and clarity are factors in selecting material for publication. Materials must adhere to the following guidelines:

- All contributions must be typed and sent by e-mail.
- Opinions and letters should not exceed 400 words.
- The Meter reserves the right to reject letters, articles or ads without explanation and to edit others as necessary.

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PHOTO COURTESY OF JOSEPH PATRICK

**President Shields discuss the "Let's Settle It" campaign voting campaign during her press conference in Hale Stadium.**

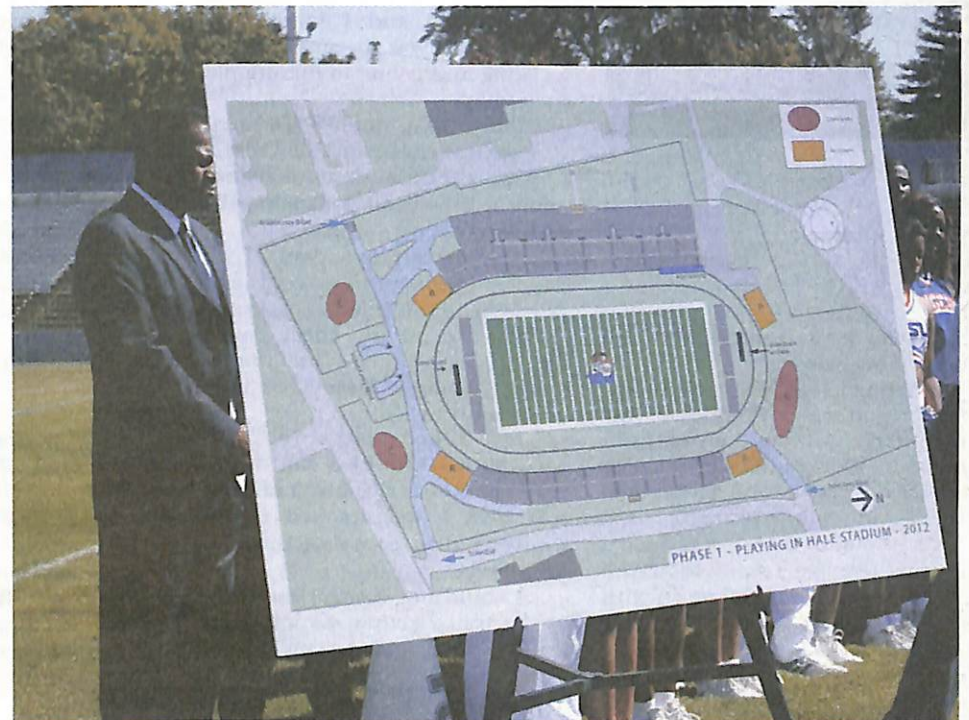


PHOTO COURTESY OF JOSEPH PATRICK

**This display shows how the Hale Stadium would look if the school raises the proper funds.**



PHOTO COURTESY OF JOSEPH PATRICK

**A TSU Volleyball player offers a serve as the tigers defeat the University of Tennessee at Martin. Breaking the Skyhawks six-game winning streak**



PHOTO COURTESY OF JOSEPH PATRICK

**TSU Students take a picture with Congresswoman Eleanor Holmes Norton during the trip to the Dr. Martin Luther King Jr. monument dedication in Washington D.C.**





PHOTO COURTESY OF MEDIA RELATIONS

Golf Coach, Dr. Catana Starks smiles during the Nashville premiere of the movie based on her life, *From the Rough*.



PHOTO COURTESY OF MEDIA RELATIONS

Coach Ron Reed speaks with the football team during game. Tigers defeat the Tennessee Tech Eagles 42-40.



PHOTO COURTESY OF MEDIA RELATIONS

TSU Students enjoy the football game in the stands.



# 15 mistakes that lead to weight gain



BY JAEQUE GOOCH  
Contributing Reporter

Gaining weight on campus may be one of the harshest realities any student will face while on campus.

While this is a common factor, it can be avoided. Following are a list of habits that should be avoided at all costs to ensure a healthier lifestyle and leaner figure while on campus.

## Binge drinking

Alcohol contains seven calories per gram. The more you drink, the more calories you'll take in. A night of drinking can include several thousand more calories on top of the calories from food one is already consuming.

Although underage drinking is illegal, it's one's own decision as to whether or not they partake in this activity.

Binging can also put students at risk for other health problems, including alcohol poisoning.

## Overeating at the Cafe

It's no surprise that TSU Café is all-you-can-eat. However, it's up to each individual to control their eating habits.

It's easy to grab two or three plates of high-calorie food without realizing the amount of calories being consumed.

## Lack of sleep

Staying up late at night can easily lead to late-night snacking. Giving into this practice sets a person up for weight gain.

Caffeine may cause a lack of sleep at times, so be considerate of the amount you give yourself.

## Lack of exercise

Exercising doesn't necessarily have to mean hopping on the treadmill.

After eating a meal, a person interested in watching their weight can take the stairs instead of the elevator. Another option is walking around campus during free time.

Also, students can become active on campus by joining organizations and volunteering. Not only will he or she get exercise, but they will also get to meet new people!

## Not utilizing the on-campus wellness center

In the Gentry Complex, there is a state-of-the-art wellness center that TSU students can use for FREE. All that is needed for access is a current, valid student ID card.

In addition to treadmills, other exercising machines and free weights, students can also take advantage of aerobic, dance and yoga classes offered in the center.

## Too many soft drinks

It is highly unlikely to find a vending machine with diet soda. But there are some alternatives to drinking soft drinks.

Students can instead opt for fruit juices or bottled water. Some vending machines even have bottled iced tea.

## Skipping meals, especially breakfast

It's imperative to eat breakfast, lunch, and dinner as a college student. Skipping a meal only increases your appetite.

The Café offers breakfast from 7:30 a.m.-9 a.m. on Mondays through Fridays.

However, if you're unable to make it, grab a cereal bar or fruit on your way to class.

## Too much junk food

College students staying on campus will more than likely rack up on cookies or chips while grocery shopping.

To keep from gaining weight, the next time you go grocery shopping, grab some fruits and vegetables.

Many frozen vegetables can be heated right in the bag at the press of a microwave button.

## Ordering take-out food at night

It's easy to find one's self ordering pizza or Chinese food late at night. It's also a routine to head to a fastfood restaurant after a night of partying.

But when a person eats and goes straight to bed, the pounds can begin to pack on through a lowering of metabolism rates.

A person can avoid this by eating three meals a day or by keeping a stock of healthy snacks, like almond or raisins, in your residence hall.

## Emotional eating

Throughout the collegiate years, relationships will be tested, and friends and significant others will come and go.

Also, grades will fluctuate, leaving a person feeling stressed beyond their means.

Instead of eating the problems away, try going for a walk or having a chat with a friend.

# Resources for testing, abstinence available

CONTINUED FROM PAGE 3

To the best of his knowledge, Coleman said he has never contracted an STD or experienced symptoms. "I have never actually been tested, and don't feel like I have reason to if my pee doesn't burn or something," he said.

America's 105 HBCU's face this epidemic as well: • 59 of the 105 HBCU's are located in states listed in the top ten most highly affected by HIV and AIDS as of 2009;

• 68 are located in the states featured on the top ten for primary and secondary syphilis provided by the Center for Disease Control and Prevention; • 50 are located in the states most highly affected by chlamydia; • 62 in the areas affected most by gonorrhea; and, • 38 are located in states that can be found on all four of these lists.

"A lot of people give into peer pressure or the spur of the moment," said CaTyra Williams, a senior mass communication major from Nashville. "Everyone should have protected sex because safe sex is great sex."

## Resources available off campus

Though many campuses around the country offer free STD testing on campus, TSU doesn't.

"We cannot provide STD testing from (Queen Washington Health Center) because of a budget cut in the 1980's," explained tenured nurse Walretta Chandler. "However, we do partner with the Metro Health Department once a year and give free STD testing for students on campus. We also provide free condoms in our clinic."

Additionally, there are often numerous free health clinics

in surrounding communities in college towns like Nashville. Lentz Metro Public Health Department Center, located on 311 23rd Avenue North, is open Monday through Friday from 8 a.m. to 4 p.m.

STD testing is provided and Lentz's goal is to prevent, detect, and alleviate outbreaks of infectious disease and other public health threats and emergencies.

The Matthew Walker Clinic Inc. (MWCHC), located on 1035 14th Avenue North Nashville, is a private non-profit healthcare center that has serviced Middle Tennessee since 1968.

MWCHC provides healthcare service that include women's health services, ophthalmology, and an on-site pharmacy, a diagnostic center and behavior health counseling.

Nashville Cares, located on 633

Thompson Lane, encourages young people to delay sexual behavior and provides HIV testing and screening, distributes education and prevention materials, and consults on HIV issues.

## A vow of chastity

For some students, like Kiara Mahan an early childhood education major from Atlanta, the answer is neither condom use nor unprotected sex. Instead, she prefers abstinence.

"My mother had five children before she turned 25, so when I was 13, I decided to stay abstinent until marriage so I would never be put in that situation," Mahan said.

Though Mahan is saving herself for marriage, she admitted that "I have met guys who pretended like they're okay with my abstinence and then try to have sex with me immediately after."

She explained, "I am just not ready for that physical and emotional attachment to someone."

Many web sources, including the site [www.itsgreattowait.com](http://www.itsgreattowait.com), show people fun ways to say no and inform people that they are not alone on this journey of abstinence.

## Worth all the risks

A number of students, like sophomore Darius Hall, have decided that unprotected sex, with all its risks, is still worth having.

Hall, a fashion design major from Nashville, said he's been having unprotected sex since he was 15 years old.

"Even though I know unprotected sex is wrong, I believe it's natural," Hall said. "I still get tested regularly, but, to be honest, it feels amazing."



## Apple CEO Steve Jobs dies at 56

BY PATRICK LEWIS

Business & Technology Editor

Steve Jobs, the visionary behind Apple died Oct. 5 after battling a long fight with pancreatic cancer.

Shortly following his death, Jobs' family made a statement that he "died peacefully." The technology exec was 56.

A statement released by Apple's board of directors after learning of Jobs' death read, "We are deeply saddened to announce that Steve Jobs passed away today.

"Steve's brilliance, passion and energy were the source of countless innovations that enrich and improve all of our lives. The world is immeasurably better because of Steve.

"His greatest love was for his wife, Laurene, and his family. Our hearts go out to them and to all who were touched by his extraordinary gifts."

Following widespread notice of Jobs's death, makeshift shrines



Steve Jobs, visionary CEO of Apple, died Oct. 5 from pancreatic cancer.

began appearing all over the world at Apple stores.

Many mourners left pictures, flowers, candles and letters telling how Jobs' innovative products had changed their lives.

Jobs once said, "Your time is limited, so don't waste it living someone else's life."

### A history of health issues

Jobs had been diagnosed with a cancerous tumor in mid-2004. After a successful surgery to remove the tumor, Jobs returned to Apple to begin working once again.

Two years later, concerns about Jobs's appearance fol-

lowed him to the 2008 Worldwide Developers Conference, he delivered the keynote address.

In response, Apple officials stated Jobs had simply become victim to a "common bug" and was taking antibiotics.

In April 2009, Jobs had a liver transplant at Methodist University Hospital Transplant Institute in Memphis, and at the time his prognosis was "excellent," Jobs's Wikipedia entry read.

On Jan 1, Jobs announced his leave in a letter to his employees saying that his decision was to focus on his health.

Despite his leave of absence he did make an appearance to unveil the iPad 2 on March 2 and again on June 6 to unveil iCloud.

Jobs's final appearance was on June 7 before the Cupertino City Council. Tim Cook now serves as CEO over Apple.

### Legacy begins at 20

At 20 years old, Jobs founded Apple with Steve Wozniak and

Ronald Wayne in Cupertino, Calif on April 1, 1979.

Together, the trio created one of the first successful lines of personal computers called the Apple II Series.

In 1986, Jobs purchasing the then-struggling Graphics Group, which later became Pixar, one of Disney's most lucrative companies — the company yielded Jobs his first billion dollars.

In 1986, Jobs was briefly fired from Apple after a power struggle with the board of directors.

While away, he founded NeXT, a computer platform development company specializing in higher-education and business markets.

After NeXT was bought out by Apple in 1996, Jobs returned to Apple and served as the CEO until August 2011. Jobs then announced his resignation from his role as Apple's CEO on Aug 24.

In his resignation letter, Jobs wrote that he could "no longer meet [his] duties and expectations as Apple's CEO."

## 10 Health Apps that can change lives

BY PATRICK LEWIS

Business & Tech Editor

In today's world pretty much everyone has an Apple product to listen to music or talk on the phone - Apple has made technology just a click away.

Now keeping track of things such as weight, the food you eat and even the animals you take care are also a click away.

With obesity being one of many problems facing America, app developers are figuring ways to incorporate health into an accessible, fun and interesting application on the one thing people use the most.

Health apps are helping people lose weight and stay fit, here are ten apps that could help you lose those extra pounds.

**MyNetDiary**

This web-based diet and exercise program is available on your iPhone, so you can remember your workout and diet.

### iPhodometer

If you don't have Nike+iPhone, you can use this alternative to track your calories burned on your walk or run.

### Trixie Trackers

Track your baby's sleeping and feeding habits with this iPhone app.

### TheCarrot:

Track your life, including your health, fitness, and nutrition using TheCarrot.

### Lose It!

Using this app, you can set goals and establish a daily calories budget to lose weight.

### Weightbot:

With this weight tracking robot, you can set goals, track your progress, and more.

### Pet Phone:

Don't forget about your pet's health; track their needs using this app.

### Healthy Cubby

Set simple, realistic goals, and track your progress to achieve them in this social fitness app.

### LIVESTRONG.com

Calorie Tracker: This tracker will help you keep a digital diary of your daily calories on your iPhone.

### Sugar Tracker

Stay on top of your sugar consumption by using this tracker for diabetes.

**iPhodometer<sup>+</sup>**

**Total Workout: 0:00:10**

Total Approximate Calories Burnt: 0  
Total Approximate Mileage: 0

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## Rapper J. Cole releases debut album



### COLE WORLD: THE SIDELINE STORY J. COLE GRADE: A-

After the release of three mixtapes, *The Come-Up*, *The Warm-Up*, and *Friday Night Lights* and many appearances on top named artists records, Jermaine "J. Cole" Cole has finally released his highly anticipated debut album, *Cole World: The Sideline Story*.

Debating at number 1 on the US Billboard 200, the album sold

selling 218,000 copies its first week. Producing 12 out of the 16 tracks, J. Cole had appearances by Trey Songz, Drake, Missy Elliott, and Jay-Z on the album.

*Cole World* displays J. Cole's natural rhyming ability.

He also made the album his own personal diary about his life rather than he is talking about his feelings toward his parents, his significant other, or just describing the niceness of his watch.

J. Cole's album is one that will stay remembered.

The album opens up with an intro about his journey through the rap game to where he is now making the album a true-life experience.

Cole then transitions to his Scarface influenced titled sequel song, *Dollar and a Dream III*, following up with the first two on his previous mixtapes.

On this song, J. Cole's lyrical ability is completely highlighted as he states lines like "Nice guy

with a mean flow / never seen rich, never seen poor / Mr. Dollar and a dream in case you ain't know."

J. Cole then picks up the tempo with one of his lead singles, *Can't Get Enough*, featuring R&B singer, Trey Songz.

On this song Cole and Songz states their affection for a certain woman but as heard in the hook the woman feels that they are players but yet she can not get enough of what they got.

The video for this song was filmed in Barbados with an appearance from pop singer Rihanna.

The most anticipated song on the album, *Mr. Nice Watch*, features Cole's mentor and hip-hop great, Jay-Z. In this song, they state to ball while they are alive and just flash their lavish lifestyle on a hip-hop meets dub step beat.

Cole begins to state to his peers that he has "what you need right here" on the album titled

song, *Cole World*.

He continues to flaunt his rapping ability on a head bumping up-tempo beat.

J. Cole then gets personal and relatable on the next track, *Lost Ones*.

On the song, he is contemplating with his girlfriend about having an abortion without causing ill feeling between the two.

With the help from hip-hop legend, Missy Elliott, Cole drops a guarantee hit, *Nobody's Perfect*. Elliott does not spit any rhymes but she sings a soft melody on the hook giving the song a nice feel.

On the diary-like track, *Never Told*, Cole brings up stories from his childhood where his Dad tests his manhood by tricking him not to tell his mom about his dad's cheating by saying.

The incident between his dad brought J. Cole problems dealing with women today.

On another heartfelt song about his father, *Breakdown*,

J. Cole relates to many men out there where he states he cried tears meeting his father in a long time.

Cole also talks about his hate for drug dealers due to his mom's past drug abuse. This song is perhaps his realest and best lyrical song on the album.

The next song is started with a little skit from Jay-Z describing an artist out there he would like to sign.

The band influenced beat with snare and bass drums bumping track "Rise and Shine" shows Cole was the right choice for Jay-Z.

Cole steps up to the microphone with a chip on his shoulder to prove himself.

**Bottom Line:** With this album, J. Cole definitely put his stamp on the rap game letting rappers know that he is a force and deserves to be named as one of the top rappers in the game.

Allen McReynolds

## Jake Owen's country music melts staffer's heart

BY CORAL THEDE  
Senior Staffer

This music review is about a piece of work by country music artist Jake Owen.

The debut single off this record is also the title of his third studio album, *Barefoot Blue Jean Night* is a song that earned the honor of being called this year's summer anthem.

It has all ready surpassed one million downloads and went platinum in September.

The upbeat tempo and down to earth lyrics make this single a catchy tune that sticks in your head for days, even weeks. To this day I

turn it up every time it comes on the television, radio, iPod, or even as I am listening to the CD in my car.

On the rest of the record he keeps traditional country alive with songs like 'Keepin' It Country' and 'The Journey Of Your Life.' 'Nobody Feelin' No Pain' is the classic party song, and of course there are love ballads included as well.

Owen has included a few of these such as 'Anywhere With You,' 'Heaven,' and 'Apple Pie Moonshine.'

I was very impressed with the entire album, especially since Jake Owen only penned one of the eleven tracks, 'The One That Got

Away.'

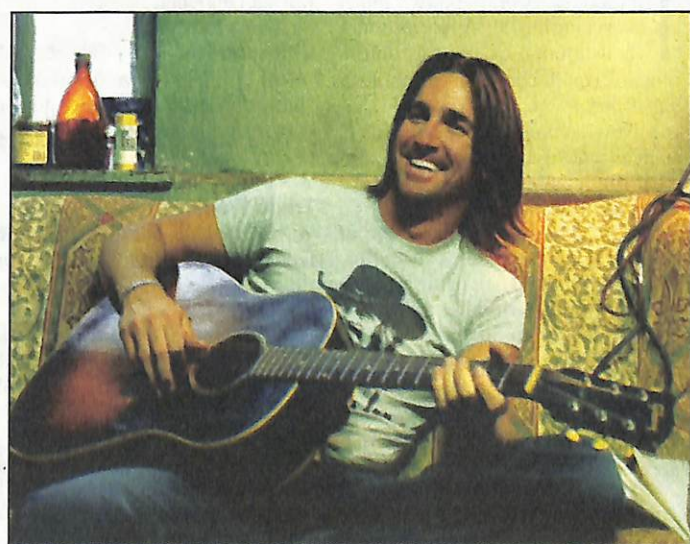
This song was written long ago after a summer fling he had in Florida. He still hasn't seen 'the one that got away' since that summer.

It is a feel-good piece of work that shows how far he has come in this industry.

He wanted to do something different with this album and made wonderful use of the talented sources Music City has to offer.

For more on this artist check him out on Facebook or his website at [www.jakeowen.net](http://www.jakeowen.net).

If you're really interested in country music, check out my personal blog <http://www.coralscountry.blogspot.com/>.





## Tigers defeat the Eagles 42-40

BY JESSICA MOSELEY

Copy Desk Chief

"These gentlemen worked hard all week and laid it on the line," and laid it on the line they did. The Tigers brought home a victory against the Tennessee Tech Eagles on Sat Oct. 15 in front of 8676 fans in Cookeville, Tenn.

This victory gave TSU a win over a ranked opponent for the first time since defeating No. 13 Eastern Illinois 21-10 on Nov. 19, 2009. TSU racked up 398 offensive yards with 232 from the air and 166 on the ground. The Tigers defense however, forced four turnovers to help spring themselves to a victory.

TSU (3-4, 2-2 OVC) led by 22 points in the second half until TTU (4-2, 3-1 OVC) scored 17 unanswered points in the fourth

quarter. TTU connected a 10-yard touchdown to cut the Tigers lead to 42-40 with 15 seconds remaining. The Eagles attempted to recover the onside kick but it was ruled that the kick did not reach 10 yards, which gave the Tigers the ball.

In the beginning of the match, Rico Council recovered a TTU fumble to give the Tigers prime field position. The Tigers responded with a three-play drive. German connected to Pryor with a 12-yard pass to put TSU up 7-0 after 1:09 into the game. On the next offensive possession, the Tigers collaborated on a 10-play drive, culminating with a 27-yard pass from German to Wilson as TSU took a 14-0 lead with less than 10 minutes left in the first.

The Eagles responded with

a 77-yard drive as Dontey Gay scored a 1-yard touchdown, interrupting the Tigers lead, 14-7. Moving into the second quarter, the Eagles used an 11-play drive with Zack Ziegler scoring the tying touchdown.

German threw a 48-yard pass to McNairl that put the Tigers in optimal field position. Dante Thomas rushed in for a 1-yard touchdown to put the Tigers ahead once again, 21-14.

TTU's Zach Sharp completed a 34-yard field goal to cut the Tigers lead to 21-17. It did not take for TSU to answer, the Tigers converted on three third downs to set up a three-yard rushing touchdown by Trabis Ward. With TTU driving, Steven Godbolt picked up an interception to help the Tigers preserve an 11-point lead in the half.

On their first drive in the second half, the Tigers drove 61 yards and capitalized with a nine-yard German touchdown run. Council again answered with another fumble recovery in the third quarter. Council's recovery set up a 15-yard touchdown run by Thomas to give TSU the 40-20 edge. Godbolt composed his second interception of the game in the third quarter. TTU added a 31-yard field goal with just over three minutes left in the third, taking the score to 42-23.

TTU added another touchdown when Tre Lamb made a two-yard pass to Charlie Stevens, making the score margin lower, 42-30. Sharp tacked on another field goal to cut the deficit to 42-33 with a little less than 10 minutes left in the game.

Sharp, of the Eagles, missed a 42-yard field goal with 5 minutes left, missing the opportunity to lessen the Tigers' lead to single digits. TTU then responded with a Lamb to Zielgler 10-yard pass to put the Eagles within two.

TSU regained possession after the penalty to seal the win, 42-40. TSU remains on the road next weekend when they visit Eastern Kentucky. Kickoff is scheduled for 2 in the evening in Richmond, Ky.

Freshman redshirt quarterback Michael German threw 19 completions for 232 yards and two touchdowns in the victory. German has not thrown an interception in 131 attempts.

Senior tailback Dante Thomas collected 79 yards on 14 carries and two touchdowns. Thomas enhanced his career

## Injured player talks recovery

BY MICHAEL CURTIS

Sports Editor

Having an injury not only takes the player out of the game, but also takes a lot of time to heal so the player can return to regular practice and eventually game play.

The Meter sat down to interview Lamar Wallace (95) an injured senior defensive end who plays for the TSU Tigers football team. Wallace is from Baton Rouge, La.

**So how did you get injured?**

Wallace: I was trying to make a play on a tackle and 2 guys fell on my right ankle, one of my teammates and one on the opposing team.

**When did it happen?**

Wallace: I tried to make a tackle and in the first quarter of the Southeast Missouri game, about 3 minutes into the game and they fell on me.

**Wow so that has to hurt, how are you feeling?**

Wallace: It's a sprain ligament, So nothing is broken. It's swollen and it's hurting. I'm just taking it

day by day.

**What are your practice habits like since you've been hurt?**

Wallace: I haven't been practicing; I've just been watching my teammates.

**So what are you doing to get back to where you were before you got injured?**

Wallace: I've been getting treatment on it, rehab basically. I have to keep it elevated and keep ice on my ankle.

**Do you have an idea of how long you are going to be hurt?**

Wallace: Not really, I'm taking it day by day, I do get to play in the next game against Tennessee Tech my minutes will be limited.

**So who is giving you words of encouragement?**

Wallace: A lot of people, my coaches, Coach Reed, Coach Cogman, and Coach Blevins. My friends have been supportive and also the whole defensive line.

## Nine fitness Tips for getting in shape



BY MICHAEL CUTRIS

Sports Editor

Exercise is very important to the human body and some people do not know exercises that focus on specific body parts. This list will tell you what to do and how to make sure that each body part is exercised the right way. The body parts will include the chest, buttocks, abs, back, hamstrings, upper arms, thighs, waist, hips, and shoulders.

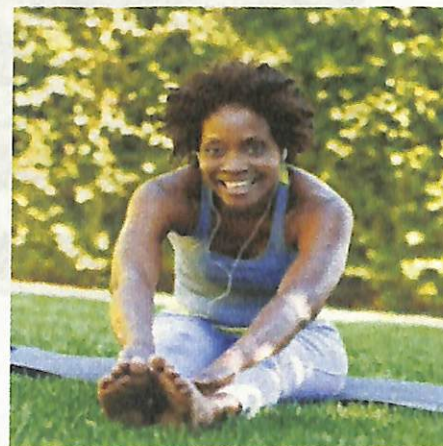
1. The best exercise for the chest is pushups.

In one study, researchers found that 66.4 per cent of total body weight is lifted in a full pushup. Assume the position with your elbows locked. Lower yourself by bending your elbows until your chest touches the floor. Come back up by pushing the floor.

2. The best exercise for the buttocks is squats.

Researchers on the American Council on Exercise stated that the most muscle activity in the gluteus maximus (the main muscle of the buttocks) occurred during squats.

3. The best exercise for abs is the



bicycle maneuver.

The bicycle maneuver is the process in which a person extends each leg alternately and twists the opposite shoulder towards the knee as the legs come back in.

4. The best exercise for the back is the pullup.

To do a pull up you must pull yourself up until your chin is over the bar.

5. The best exercise for hamstrings is the step-up.

To do a step up, you must put one leg on a box or a step and push down with your

leg and alternate to the next leg and do the same thing. I hold these positions for about 10 seconds.

6. The best exercise for upper arms is the triceps kickback.

You will need a dumbbell for this exercise. To do a triceps kickback, you'll position one hand on a stability ball while the other lifts a dumbbell and works the muscles in the back of the upper arm.

7. The best exercise for the waist is the side bridge.

Place a mat on the ground and rest your elbow on it. Your elbow should be directly below your shoulder, and then raise your hips up and confirm your body is straight. I hold this position for about 30 seconds.

8. The best exercise for the hips is the single-leg squat.

To do a single leg squat you'll start standing on one leg and squat down, and then press back up with that single leg.

9. The best exercise for the shoulders is the lateral shoulder raise.

Dumbbells are needed for this exercise. Keep your knees slightly bent, shoulder back, and chest high. Lift weights parallel to ground in a smooth controlled motion.





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